Please insert the following Abstract as a separate page after the claims.

ABSTRACT

A yielding rock bolt having a solid metal shaft with a relatively wide portion and a relatively narrow portion and an anchor member mounted about the shaft. The anchor member has longitudinal bore which is of lesser dimension than the relatively wide portion. The anchor member is mounted about the relatively narrow portion adjacent the wide portion. In use the shaft is extruded through the anchor member to cause the rock to yield as a rock face moves.